

The Hidden Benefits of Vitamin C

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Did you know that all toxins, ALL toxins have the same mechanism of action? The end result is over oxidation. That's right, all toxins rob or strip electrons causing over oxidation. It doesn't matter if they are pesticides, venom from spiders or snakes, metals like mercury, lead or arsenic, even radiation.

Cardiologist, Dr. Tom Levy, asserts that far and above anything else, the greatest cause of toxins or over oxidation is hidden infections, especially dental infections. Dr. Levy, also an attorney, has shown in his book, "Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable," the power of vitamin C for many seemingly incurable conditions but especially for acute infections. Over 1,200 references document that vitamin C supports the immune system in a unique way. Let's take a few minutes and look at some of the lesser known qualities of vitamin C.



One of the great pioneers of vitamin C was Dr. Frederick Klenner who published 27 papers in medical journals on his clinical experience with high dose vitamin C. He showed that vitamin C neutralized any toxin tested if given in the correct dose and duration.

In vitro vitamin C has been effective in eradicating all viruses, including: polio, herpes, hepatitis and influenza, even rabies. Dr. Klenner documented how he cured 60 out of 60 cases of acute polio with high doses of vitamin C. The key word here is acute. Chronic virus-

es are often entrenched deeper in tissue and vitamin C can't easily get to the virus.

In a way, vitamin C is the ultimate anti-toxin. There is literature and case studies to support vitamin C and its effectiveness in treating excesses of mercury, lead, chromium, arsenic, cadmium, nickel, aluminum, iron and fluorine. As an anti-toxin, vitamin C has been effective in treating snake venom and spider bites. Alcohol is a toxin and if your antioxidants are high enough the tendency to have hangovers is limited.

Toxic mushrooms, pesticides, strychnine, tetanus are all examples of substances that have been treated effectively with high dose vitamin C

Dr. Levy shares 19 different ways vitamin C supports or enhances the immune system. Mechanisms range from promoting the production of interferon and antibodies to increasing natural killer cells and supporting T lymphocyte function. Vitamin C detoxifies histamine, enhances healthy prostaglandins, and enhances phagocytic function of the white blood cells.

Regardless of the therapy employed, all infections should be treated with vitamin C concurrently. Beyond its' mechanisms for killing the pathogen, vitamin C also has mechanisms to mop up the byproducts and debris as the pathogen is rendered helpless. As virus and bacteria or even cancer cells are killed the byproducts can also cause cellular damage. In addition, pathogens as well as cancer cells accumulate and thrive on iron. As the pathogens are killed, they release a toxic form of iron. Vitamin C can render the toxin, in this case iron, helpless.

Dr. Levy is not a big fan of mandatory immunizations. But if one chooses to be immunized he suggests taking large amounts of vitamin C 10 days before and after the event. As a side note, all pathogens will absorb vitamin C, creating a subclinical form of scurvy which will show up as a low blood level of vitamin C. If you or loved ones are ever hospitalized, especially in the Intensive Care Unit, ask the attending physician to do a serum vitamin C. It will always be low and then it is their responsibility to treat the low value with IV vitamin C reducing recovery time.

Vitamin C also has anti-radiation properties. We are exposed to more low levels of radiation than we realize. Personally, I am getting very concerned about the low level radiation from cell phones and 5G. According to Dr. Levy if you have enough vitamin C present you can neutralize most, if not all of the effects, from radiation.

Vitamin C is a shining star on the anti-aging front as well. We know that as we age telomeres shorten and chromosome damage is increased. Researchers used vitamin C to slow down telomere shortening in vascular cells. The telomeres in cells treated by vitamin C were up to 62% longer than the telomeres in untreated cells. In another study, vitamin C stimulated telomerase activity in the formation and regeneration of stem cells.

Personally, I have let moderate and high dose vitamin C slip off my radar. But since it is such a powerful anti-toxin with antiviral, antibacterial properties, I am taking 3-6 grams a day depending on my stress and energy levels. To get that dose, I use 1-2 tsp Biotics Mixed Ascorbate Powder. Each tsp yields 3 grams of the ascorbate, reduced, buffered form of vitamin C. It also supplies 200 mg of calcium and 100 mg of magnesium. I add a scoop of Acti-Mag Plus which gives me an additional 400 mg of magnesium. I use it as an afternoon tonic.

Learning about some of these hidden benefits of vitamin C has motivated me to take further steps to reduce the effects of toxins in my own life, hopefully some of my excitement is contagious.

Thanks for reading this week's Tuesday Minute edition. I look forward to being with you again next Tuesday.